



Division of Adolescent & Young Adult Medicine Retreat- 2018

Contraception

*Expanding Evidence-Based Offerings
in Teen Clinic*

Marissa Raymond-Flesch, MD, MPH



Background: Position of the AAP, ACOG, and CDC

Adolescents should be offered a full range of effective contraception methods.

- Emergency Contraception should be included in all contraception discussions
- LARCs have highest efficacy, continuation rates, and satisfaction
- Counseling should begin with the most effective methods

Access to EC and LARCs remain primary barriers to care for adolescents.



Methods: Expanding Contraceptive Services

Teen Clinic Contraception Services

- Expanded UCSF Formulary 2017-2018
 - Kayleena
 - Ulipristal acetate (Ella)

In-Patient

- Offering full spectrum contraception consults



Discussion/Future Directions

Increasing patient access and health care work force.

- Offering all highly effective contraception options in clinic 4 days per week
 - Opportunities: expansion in Teen Clinic or future specialty partnerships
- All MD fellows are now being trained in LARCs
 - Opportunities: additional clinical training sites